

# Meal Plan - 3100 calorie meal plan to gain muscle/weight



[Grocery List](#) [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#) [Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

3110 cals ● 200g protein (26%) ● 82g fat (24%) ● 354g carbs (46%) ● 38g fiber (5%)

### Breakfast

575 cals, 26g protein, 45g net carbs, 29g fat



[Large granola bar](#)  
1 bar(s)- 176 cals



[Basic scrambled eggs](#)  
4 egg(s)- 285 cals



[Pear](#)  
1 pear(s)- 113 cals

### Snacks

400 cals, 28g protein, 58g net carbs, 4g fat



[Green protein shake](#)  
130 cals



[Pretzels](#)  
165 cals



[Cottage cheese & fruit cup](#)  
1 container- 107 cals

### Lunch

1020 cals, 107g protein, 84g net carbs, 24g fat



[Simple mixed greens and tomato salad](#)  
113 cals



[Pork-broccoli-rice bowl](#)  
908 cals

### Dinner

1115 cals, 38g protein, 167g net carbs, 26g fat



[Simple mixed greens salad](#)  
68 cals



[Cheese ravioli](#)  
816 cals



[Fruit juice](#)  
2 cup(s)- 229 cals

## Day 2

3116 cal ● 207g protein (27%) ● 138g fat (40%) ● 224g carbs (29%) ● 37g fiber (5%)

### Breakfast

575 cal, 26g protein, 45g net carbs, 29g fat



[Large granola bar](#)  
1 bar(s)- 176 cal



[Basic scrambled eggs](#)  
4 egg(s)- 285 cal



[Pear](#)  
1 pear(s)- 113 cal

### Snacks

400 cal, 28g protein, 58g net carbs, 4g fat



[Green protein shake](#)  
130 cal



[Pretzels](#)  
165 cal



[Cottage cheese & fruit cup](#)  
1 container- 107 cal

### Lunch

1130 cal, 60g protein, 14g net carbs, 91g fat



[Italian sausage](#)  
4 link- 1028 cal



[Simple sauteed spinach](#)  
100 cal

### Dinner

1015 cal, 93g protein, 108g net carbs, 14g fat



[Easy chickpea salad](#)  
234 cal



[Bbq chicken stuffed sweet potatoes](#)  
1 1/2 potato(es)- 779 cal

## Day 3

3036 cal ● 228g protein (30%) ● 87g fat (26%) ● 286g carbs (38%) ● 48g fiber (6%)

### Breakfast

575 cal, 26g protein, 45g net carbs, 29g fat



[Large granola bar](#)  
1 bar(s)- 176 cal



[Basic scrambled eggs](#)  
4 egg(s)- 285 cal



[Pear](#)  
1 pear(s)- 113 cal

### Snacks

400 cal, 28g protein, 58g net carbs, 4g fat



[Green protein shake](#)  
130 cal



[Pretzels](#)  
165 cal



[Cottage cheese & fruit cup](#)  
1 container- 107 cal

### Lunch

1045 cal, 81g protein, 76g net carbs, 41g fat



[Nectarine](#)  
2 nectarine(s)- 140 cal



[Roast beef & pickle sandwich](#)  
2 sandwich(es)- 907 cal

### Dinner

1015 cal, 93g protein, 108g net carbs, 14g fat



[Easy chickpea salad](#)  
234 cal



[Bbq chicken stuffed sweet potatoes](#)  
1 1/2 potato(es)- 779 cal

## Day 4

3128 cal ● 216g protein (28%) ● 140g fat (40%) ● 211g carbs (27%) ● 40g fiber (5%)

### Breakfast

585 cal, 42g protein, 20g net carbs, 34g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cal



**Strawberry protein smoothie**  
355 cal

### Snacks

450 cal, 15g protein, 64g net carbs, 12g fat



**Orange**  
1 orange(s)- 85 cal



**Breakfast cereal**  
290 cal



**Milk**  
1/2 cup(s)- 75 cal

### Lunch

1045 cal, 81g protein, 76g net carbs, 41g fat



**Nectarine**  
2 nectarine(s)- 140 cal



**Roast beef & pickle sandwich**  
2 sandwich(es)- 907 cal

### Dinner

1045 cal, 78g protein, 51g net carbs, 54g fat



**Buffalo drumsticks**  
12 oz- 700 cal



**Lentils**  
347 cal

## Day 5

3153 cal ● 267g protein (34%) ● 150g fat (43%) ● 149g carbs (19%) ● 36g fiber (5%)

### Breakfast

585 cal, 42g protein, 20g net carbs, 34g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cal



**Strawberry protein smoothie**  
355 cal

### Snacks

450 cal, 15g protein, 64g net carbs, 12g fat



**Orange**  
1 orange(s)- 85 cal



**Breakfast cereal**  
290 cal



**Milk**  
1/2 cup(s)- 75 cal

### Lunch

1030 cal, 147g protein, 45g net carbs, 24g fat



**Lemon pepper chicken breast**  
20 oz- 740 cal



**Lentils**  
289 cal

### Dinner

1090 cal, 63g protein, 19g net carbs, 80g fat



**Roast beef & blue cheese salad**  
882 cal



**Boiled eggs**  
3 egg(s)- 208 cal

## Day 6

3035 cals ● 250g protein (33%) ● 155g fat (46%) ● 127g carbs (17%) ● 33g fiber (4%)

### Breakfast

505 cals, 29g protein, 27g net carbs, 28g fat



**Egg & avocado salad on toast**  
2 toast(s)- 424 cals



**Basic fried eggs**  
1 egg(s)- 80 cals

### Snacks

410 cals, 12g protein, 36g net carbs, 23g fat



**Baked chips**  
18 crisps- 182 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

### Lunch

1030 cals, 147g protein, 45g net carbs, 24g fat



**Lemon pepper chicken breast**  
20 oz- 740 cals



**Lentils**  
289 cals

### Dinner

1090 cals, 63g protein, 19g net carbs, 80g fat



**Roast beef & blue cheese salad**  
882 cals



**Boiled eggs**  
3 egg(s)- 208 cals

## Day 7

3072 cals ● 203g protein (26%) ● 112g fat (33%) ● 276g carbs (36%) ● 38g fiber (5%)

### Breakfast

505 cals, 29g protein, 27g net carbs, 28g fat



**Egg & avocado salad on toast**  
2 toast(s)- 424 cals



**Basic fried eggs**  
1 egg(s)- 80 cals

### Snacks

410 cals, 12g protein, 36g net carbs, 23g fat



**Baked chips**  
18 crisps- 182 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

### Lunch

1040 cals, 26g protein, 173g net carbs, 21g fat



**Peanut butter and jelly sandwich**  
2 sandwich(es)- 763 cals



**Raisins**  
1/2 cup- 275 cals

### Dinner

1120 cals, 137g protein, 41g net carbs, 40g fat



**Basic chicken breast**  
18 2/3 oz- 740 cals



**Lentils**  
260 cals



**Tomato and avocado salad**  
117 cals

## Snacks

- large granola bar  
3 bar (111g)
- pretzels, hard, salted  
1/4 lbs (128g)

## Fats and Oils

- oil  
1 1/3 oz (40mL)
- salad dressing  
1/4 cup (56mL)
- olive oil  
1 oz (34mL)
- caesar salad dressing  
2/3 cup (157g)

## Dairy and Egg Products

- eggs  
25 1/2 medium (1128g)
- sliced cheese  
8 slice (2/3 oz) (152g)
- whole milk  
4 cup (960mL)
- blue cheese  
4 oz (113g)

## Fruits and Fruit Juices

- pears  
3 medium (534g)
- fruit juice  
16 fl oz (480mL)
- orange  
3 1/2 orange (539g)
- banana  
3/4 medium (7" to 7-7/8" long) (89g)
- nectarine  
4 medium (2-1/2" dia) (568g)
- frozen strawberries  
1 cup, unthawed (149g)
- avocados  
1 avocado(s) (184g)
- lime juice  
1/2 tbsp (8mL)
- raisins  
1/2 cup, packed (83g)

## Other

## Meals, Entrees, and Side Dishes

- flavored rice mix  
5/8 pouch (~5.6 oz) (99g)
- frozen cheese ravioli  
3/4 lbs (340g)

## Spices and Herbs

- salt  
1 tsp (7g)
- black pepper  
1/4 tbsp, ground (2g)
- balsamic vinegar  
1 tbsp (15mL)
- dijon mustard  
4 tbsp (60g)
- lemon pepper  
2 1/2 tbsp (17g)
- garlic powder  
1/4 tbsp (2g)

## Pork Products

- pork tenderloin, raw  
1 lbs (425g)

## Soups, Sauces, and Gravies

- pasta sauce  
1/2 jar (24 oz) (336g)
- apple cider vinegar  
1 tbsp (1mL)
- barbecue sauce  
1/2 cup (143g)
- Frank's Red Hot sauce  
2 tbsp (29mL)

## Beverages

- water  
7 1/4 cup(s) (1709mL)
- protein powder, vanilla  
3 1/2 scoop (1/3 cup ea) (109g)

## Legumes and Legume Products

- chickpeas, canned  
1 can (448g)
- roasted peanuts  
1 cup (146g)

- mixed greens  
4 1/2 package (5.5 oz) (700g)
- cottage cheese & fruit cup  
3 container (399g)
- Italian pork sausage, raw  
4 link (430g)
- Chicken, drumsticks, with skin  
3/4 lbs (340g)
- baked chips, any flavor  
36 crips (84g)

### **Vegetables and Vegetable Products**

- tomatoes  
5 medium whole (2-3/5" dia) (600g)
- frozen broccoli  
5/8 package (178g)
- fresh spinach  
5 1/2 cup(s) (165g)
- fresh parsley  
3 sprigs (3g)
- onion  
3/8 medium (2-1/2" dia) (43g)
- sweet potatoes  
3 sweetpotato, 5" long (630g)
- garlic  
1/2 clove (2g)
- pickles  
16 slice (112g)

- lentils, raw  
1 3/4 cup (328g)
- peanut butter  
2 tbsp (32g)

### **Poultry Products**

- boneless skinless chicken breast, raw  
5 lbs (2315g)

### **Sausages and Luncheon Meats**

- roast beef cold cuts  
1 1/2 lbs (680g)

### **Baked Products**

- bread  
1 lbs (512g)

### **Nut and Seed Products**

- almond butter  
2 tbsp (32g)

### **Breakfast Cereals**

- breakfast cereal  
3 serving (90g)

### **Sweets**

- jelly  
4 serving 1 tbsp (84g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Large granola bar

1 bar(s) - 176 cal ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 3 meals:

**large granola bar**  
3 bar (111g)

1. This recipe has no instructions.

### Basic scrambled eggs

4 egg(s) - 285 cal ● 22g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**eggs**  
12 medium (528g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 3 meals:

**pears**  
3 medium (534g)

1. This recipe has no instructions.

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## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. This recipe has no instructions.

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### Strawberry protein smoothie

355 cal ● 34g protein ● 15g fat ● 15g carbs ● 5g fiber



For single meal:

**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**almond butter**  
1 tbsp (16g)  
**frozen strawberries**  
1/2 cup, unthawed (75g)  
**whole milk**  
3/4 cup (180mL)

For all 2 meals:

**protein powder, vanilla**  
2 scoop (1/3 cup ea) (62g)  
**almond butter**  
2 tbsp (32g)  
**frozen strawberries**  
1 cup, unthawed (149g)  
**whole milk**  
1 1/2 cup (360mL)

1. Put all ingredients into a blender and combine. Add water if needed to make the smoothie less thick.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Egg & avocado salad on toast

2 toast(s) - 424 cal ● 22g protein ● 22g fat ● 26g carbs ● 9g fiber



For single meal:

**bread**

2 slice(s) (64g)

**garlic powder**

1/3 tsp (1g)

**eggs, hard-boiled and chilled**

2 large (100g)

**avocados**

1/3 avocado(s) (67g)

**mixed greens**

1/3 cup (10g)

For all 2 meals:

**bread**

4 slice(s) (128g)

**garlic powder**

1/4 tbsp (2g)

**eggs, hard-boiled and chilled**

4 large (200g)

**avocados**

2/3 avocado(s) (134g)

**mixed greens**

2/3 cup (20g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Toast bread and top with greens and egg salad mixture. Serve.

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### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**

1/4 tsp (1mL)

**eggs**

1 large (50g)

For all 2 meals:

**oil**

1/2 tsp (3mL)

**eggs**

2 large (100g)

1. Heat oil in a skillet over medium low heat.
  2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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## Lunch 1 [↗](#)

Eat on day 1

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### Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



#### salad dressing

2 1/4 tbsp (34mL)

#### mixed greens

2 1/4 cup (68g)

#### tomatoes

6 tbsp cherry tomatoes (56g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

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### Pork-broccoli-rice bowl

908 cal ● 105g protein ● 17g fat ● 76g carbs ● 9g fiber



#### flavored rice mix

5/8 pouch (~5.6 oz) (99g)

#### salt

1/3 tsp (2g)

#### black pepper

1/3 tsp, ground (1g)

#### olive oil

1 1/4 tsp (6mL)

#### frozen broccoli

5/8 package (178g)

#### pork tenderloin, raw, cut into bite-sized cubes

1 lbs (425g)

1. Season the pork with salt and pepper.
  2. Take the olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring occasionally. Set aside.
  3. Meanwhile, prepare the rice and broccoli according to the instructions on their packaging.
  4. Once all items are prepared, bring the pork, broccoli, and rice together; stir (or keep it all separate- whichever you prefer!). Serve.
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## Lunch 2 [↗](#)

Eat on day 2

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### Italian sausage

4 link - 1028 cal ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



Makes 4 link

#### Italian pork sausage, raw

4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

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### Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



#### garlic, diced

1/2 clove (2g)

#### black pepper

1 dash, ground (0g)

#### salt

1 dash (1g)

#### olive oil

1/2 tbsp (8mL)

#### fresh spinach

4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
  2. Add the garlic and sauté for a minute or two until fragrant.
  3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
  4. Serve.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Nectarine

2 nectarine(s) - 140 cal ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

For all 2 meals:

**nectarine, pitted**  
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.
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### Roast beef & pickle sandwich

2 sandwich(es) - 907 cal ● 78g protein ● 40g fat ● 50g carbs ● 9g fiber



For single meal:

**dijon mustard**  
2 tbsp (30g)  
**pickles**  
8 slice (56g)  
**sliced cheese**  
4 slice (2/3 oz) (76g)  
**roast beef cold cuts**  
1/2 lbs (227g)  
**bread**  
4 slice(s) (128g)

For all 2 meals:

**dijon mustard**  
4 tbsp (60g)  
**pickles**  
16 slice (112g)  
**sliced cheese**  
8 slice (2/3 oz) (152g)  
**roast beef cold cuts**  
1 lbs (454g)  
**bread**  
8 slice(s) (256g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Lemon pepper chicken breast

20 oz - 740 cal ● 127g protein ● 24g fat ● 3g carbs ● 2g fiber



For single meal:

**lemon pepper**

1 1/4 tbsp (9g)

**olive oil**

2 tsp (9mL)

**boneless skinless chicken breast, raw**

1 1/4 lbs (560g)

For all 2 meals:

**lemon pepper**

2 1/2 tbsp (17g)

**olive oil**

1 1/4 tbsp (19mL)

**boneless skinless chicken breast, raw**

2 1/2 lbs (1120g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

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### Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**

1 dash (1g)

**water**

1 2/3 cup(s) (395mL)

**lentils, raw, rinsed**

6 2/3 tbsp (80g)

For all 2 meals:

**salt**

1/4 tsp (1g)

**water**

3 1/3 cup(s) (790mL)

**lentils, raw, rinsed**

13 1/3 tbsp (160g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
  2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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## Lunch 5 [↗](#)

Eat on day 7

### Peanut butter and jelly sandwich

2 sandwich(es) - 763 cal ● 23g protein ● 21g fat ● 110g carbs ● 10g fiber



Makes 2 sandwich(es)

#### bread

4 slice (128g)

#### peanut butter

2 tbsp (32g)

#### jelly

4 serving 1 tbsp (84g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

### Raisins

1/2 cup - 275 cal ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



Makes 1/2 cup

#### raisins

1/2 cup, packed (83g)

1. This recipe has no instructions.

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Green protein shake

130 cal ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

#### fresh spinach

1/2 cup(s) (15g)

#### water

1/8 cup(s) (30mL)

#### orange, peeled, sliced, and deseeded

1/2 orange (77g)

#### protein powder, vanilla

1/2 scoop (1/3 cup ea) (16g)

#### banana, frozen

1/4 medium (7" to 7-7/8" long) (30g)

For all 3 meals:

#### fresh spinach

1 1/2 cup(s) (45g)

#### water

3/8 cup(s) (89mL)

#### orange, peeled, sliced, and deseeded

1 1/2 orange (231g)

#### protein powder, vanilla

1 1/2 scoop (1/3 cup ea) (47g)

#### banana, frozen

3/4 medium (7" to 7-7/8" long) (89g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

### Pretzels

165 cal ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



For single meal:  
**pretzels, hard, salted**  
1 1/2 oz (43g)

For all 3 meals:  
**pretzels, hard, salted**  
1/4 lbs (128g)

1. This recipe has no instructions.

### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:  
**cottage cheese & fruit cup**  
1 container (133g)

For all 3 meals:  
**cottage cheese & fruit cup**  
3 container (399g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:  
**orange**  
1 orange (154g)

For all 2 meals:  
**orange**  
2 orange (308g)

1. This recipe has no instructions.

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### Breakfast cereal

290 cal ● 9g protein ● 8g fat ● 42g carbs ● 4g fiber



For single meal:

**whole milk**  
3/4 cup (180mL)  
**breakfast cereal**  
1 1/2 serving (45g)

For all 2 meals:

**whole milk**  
1 1/2 cup (360mL)  
**breakfast cereal**  
3 serving (90g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown.

## Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Baked chips

18 crisps - 182 cal ● 3g protein ● 5g fat ● 31g carbs ● 2g fiber



For single meal:

**baked chips, any flavor**  
18 crisps (42g)

For all 2 meals:

**baked chips, any flavor**  
36 crisps (84g)

1. Enjoy.

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### Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber





For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1

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### Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

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### Cheese ravioli

816 cal ● 33g protein ● 20g fat ● 113g carbs ● 12g fiber



**pasta sauce**  
1/2 jar (24 oz) (336g)  
**frozen cheese ravioli**  
3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

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### Fruit juice

2 cup(s) - 229 cal ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber

Makes 2 cup(s)



**fruit juice**  
16 fl oz (480mL)

1. This recipe has no instructions.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Easy chickpea salad

234 cal ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**fresh parsley, chopped**  
1 1/2 sprigs (2g)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**onion, thinly sliced**  
1/4 small (18g)  
**chickpeas, canned, drained and rinsed**  
1/2 can (224g)

For all 2 meals:

**fresh parsley, chopped**  
3 sprigs (3g)  
**apple cider vinegar**  
1 tbsp (1mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**onion, thinly sliced**  
1/2 small (35g)  
**chickpeas, canned, drained and rinsed**  
1 can (448g)

1. Add all ingredients to a bowl and toss. Serve!

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### Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cal ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



For single meal:

**sweet potatoes, halved**  
1 1/2 sweetpotato, 5" long (315g)  
**barbecue sauce**  
4 tbsp (71g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)

For all 2 meals:

**sweet potatoes, halved**  
3 sweetpotato, 5" long (630g)  
**barbecue sauce**  
1/2 cup (143g)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
  2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
  3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
  4. Bake until soft, about 35 minutes.
  5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
  6. Top each potato with equal spoonfuls of chicken.
  7. Serve.
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## Dinner 3 [↗](#)

Eat on day 4

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### Buffalo drumsticks

12 oz - 700 cal ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



Makes 12 oz

#### Frank's Red Hot sauce

2 tbsp (30mL)

#### oil

1 tsp (6mL)

#### salt

1 1/2 dash (1g)

#### black pepper

1 1/2 dash, ground (0g)

#### Chicken, drumsticks, with skin

3/4 lbs (340g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

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### Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



#### salt

1 dash (1g)

#### water

2 cup(s) (474mL)

#### lentils, raw, rinsed

1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
  2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Roast beef & blue cheese salad

882 cal ● 44g protein ● 66g fat ● 18g carbs ● 9g fiber



For single meal:

**mixed greens**  
10 oz (284g)  
**tomatoes, chopped**  
1 large whole (3" dia) (182g)  
**blue cheese**  
2 oz (57g)  
**caesar salad dressing**  
1/3 cup (78g)  
**roast beef cold cuts, cut into strips**  
4 oz (113g)

For all 2 meals:

**mixed greens**  
1 1/4 lbs (567g)  
**tomatoes, chopped**  
2 large whole (3" dia) (364g)  
**blue cheese**  
4 oz (113g)  
**caesar salad dressing**  
2/3 cup (157g)  
**roast beef cold cuts, cut into strips**  
1/2 lbs (227g)

1. Combine greens, roast beef, tomato, and cheese into a large bowl.
2. Drizzle with dressing when serving.

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### Boiled eggs

3 egg(s) - 208 cal ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 2 meals:

**eggs**  
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
  2. Place the eggs in a small sauce pan and cover with water.
  3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
  4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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## Dinner 5 [↗](#)

Eat on day 7

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### Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



Makes 18 2/3 oz

#### oil

3 1/2 tsp (17mL)

#### boneless skinless chicken breast, raw

18 2/3 oz (523g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

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### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
  2. Meanwhile, prepare the avocado and tomato.
  3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
  4. Serve chilled.
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